



# LIGHTNING STRIKES



VOLUME 1, ISSUE 6

UNITED STATES DIVISION - CENTER

MARCH 15, 2011



# PAGE 8

U.S. Army photo by Sgt. Jesus J. Aranda & Sgt. Jennifer Sardam, U.S. Division - Center Public Affairs



# ‘Operation Outreach’ provides aid to Mahmudiyah citizens

Story by  
2nd Lt. Partick L. Beaudry,  
2nd AAB, 1st Inf. Div., USD-C

The 17th Iraqi Army Division and Company D, 1st Battalion, 63rd Armor Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center came together in Mahmudiyah, south of Baghdad, to provide medical aid and supplies to Iraqi citizens in need. The outreach operation started off early on Feb. 22, with just a trickle of people showing up at the 17th IA Division’s headquarters, where the doctors and supplies had been concentrated.

The 17th IA Div. Soldiers then transported hundreds of people to their headquarters from the further reaches of their area of operations. Suddenly, many others began arriving on their own in order to take advantage of the medical aid and other goods allotted for them. The small initial crowd had swelled to fill the entire seating area at the 17th IA Division’s beloved soccer field.

Despite the size of the crowds, people waited patiently in the stands to receive supplies and medical treatment. Medical supplies were in great demand, according to the doctors providing aid.

“(The operation) went a



Staff Major General Ali Jasim (center, tan), commander of the 17th Iraqi Army Division hands out humanitarian food supplies to women of the Mahmudiyah area, Feb. 22, 2011 at Joint Security Station Deason, Iraq. (U.S. Army photo by Lt Col Michael Ernst, 2nd AAB, 1st Inf. Div., USD-C)

long way to show the people of Mahmudiyah and the outlying communities that their government cares for them and is taking an active approach to help them in whatever ways they can,” said Capt. Michael McClain, commander of Company D, 1st Bn., 63rd Armor Regt., 2nd AAB, 1st Inf. Div., and a Johnstown, Pa., native.

This mission was unique in

that it was entirely planned and executed by the Iraqi Army. Enabling the people to witness the Iraqi Army and government’s concern for their well being fosters a stronger relationship between them and the people, and develop the trust that is needed to build a more stable Iraq, McClain said.

Iraqi Army Staff Maj. Gen. Ali Jasim, commander of the

17th IA Div., reinforced his commitment to the people of Iraq during a speech reiterating his desire to conduct events like this as often as possible.

“The Iraqi Army really took the initiative to get these humanitarian supplies to the people who need them the most,” McClain said. “Without their help and support, this would never have happened.”



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## I WANTED A BETTER LIFE FOR MY FAMILY

BY **MASTER SGT. COURTNEY BROWN**, INSPECTOR GENERAL'S OFFICE, USD-C



I joined the army in 1996 July with every intention of just completing my Doctoral Degree; from then to now 13 years later; I have just completed my degree, Doctoral in Counseling.

I stayed in the Army to teach and train other Soldiers and people I deal with on a daily basis. God has allowed me to continuously serve him and the Army and I can honestly say I

have enjoyed each and every day serving in the Army.

I stayed in the Army in order to create a better life for my two children. I was a single parent trying to make ends meet for my family.

Through the support of the Army and the friends I have made throughout those years, we survived and I am continuing to serve.

Sometimes in life we are given an opportunity and I accepted the change and I can say it was a good change for myself and my family.

I serve the Army now as a single female trying to make it by using all avenues and every tool the Army has to offer.

I always say "Use the Army, not let the Army use you"; because you can never move forward by looking backwards.

The Army has resources just

waiting to be utilized every day. I want to continue to seek from all leaders and peers alike their leadership, mentorship and support.

The Army has presented me with many opportunities to serve in a wide variety of capacities.

I have had the opportunity to travel and experience different cultures, train on some of the most technologically advanced equipment in the world, and through daily interaction with my fellow Soldiers, have gained knowledge from their experiences that shaped me into the Soldier that I am today.

The Army has provided an environment in which I can honestly say allowed me to be "Army Strong".

God has provided me the steps and courage to continue to serve in the Army today and I will do as directs me daily.

## GREAT MENTORSHIP DID IT!

BY **MASTER SGT. EVELIN MONTEALEGRE**, NCOIC, USD-C CHAPLAIN'S OFFICE

My initial thought was not to make the Army a career; I honestly join the Army because of the financial college benefits.

I joined the Army in 1994 as a Chaplain's Assistant and was stationed at Fort Lee, Virginia; I was assigned to HQ Garrison Main Post Chapel.

I spent my first couple of months cleaning the outside and inside of the chapel. Soon after, I was promoted to Pvt. (E-2) and received orders for Heidelberg, Germany.

The turning point in my career was my second duty assignment, 95th Combat Hospital, Heidelberg, Germany; where I met my first NCOIC,

SFC Wayne Penn. SFC Penn was a man of faith, leading by example, and instilling the BE, KNOW, DO attitude.

In our initial counseling session he told me that he will never ask me to do anything that he was not able to do himself, and he never did. From that moment on my interest in making the military a career grew immensely.

SFC Penn made sure I was enrolled in correspondence courses and he personally took the time to help with college classes, he also sat me down and together we identify my short and long term goals, weak areas and develop a plan to accom-

plish those goals and improve in all areas.

At first, it was difficult but little by little I understood why I need to improve on PT or get a better score on weapons qualification, soon I realized that I could do much better.

He told me that great leaders are not remembered by their accomplishments but for what they did for others. Since then, I moved thru the ranks and had the opportunity to become a Drill Sergeant, an instructor and held several leadership positions where I had the chance to assist and mentor other Soldiers the same way SFC Penn helped me. In 2004 I had the great oppor-



tunity to get promoted to SFC SFC Wayne Penn.

It was his leadership and personal interest what help me decide to re-enlist and made the Army a career.



# Sleep is a Force Multiplier<sup>zzz</sup>

By Lt. Col. Tom Eccles, MD.



When I was a Pediatric Resident, the average work week was between 100 and 120 hours. Working long hours was a point of pride. One of the scariest moments of my residency, though, was not in the ER or the ICU. It was behind the wheel of my car, exiting the Capital Beltway, following a 36-hour hospital shift. I fell asleep for a moment and woke up at the bottom of the exit ramp. By some miracle I didn't hit anyone or anything.

Medical residency programs have become smarter since then and limited the number of hours residents can work without rest.

However, that moment made me realize just how dangerous sleep deprivation can be.

While there's still a lot of mystery surrounding why we sleep and what happens when we sleep, one thing is clear. Adequate sleep is essential for alertness, physical agility, and sound decision-making.

Individual sleep requirements vary, but most people need between 7 and 9 hours of sleep to function at their best. People can get away with less sleep for a short time, but the body will accumulate a sleep debt, resulting in a steady increase in fatigue and decrease in performance.

Over time, sleep deprivation can lead to symptoms of depression and anxiety. Further, sleep deprivation often contributes to accidents and fatalities. According to the

National Highway Traffic Safety Administration, driver fatigue is a factor in up to 100,000 accidents and 1500 traffic fatalities each year.

In 1997, a landmark study showed that someone who's gone 24 hours without sleep has an equivalent reaction time to someone with a blood alcohol concentration of 0.1%. It's no wonder that tired driving kills.

What can Soldiers and leaders do to make sure they're getting enough sleep? The best answer is to manage work schedules to ensure an opportunity for an average of 8 hours' sleep in every 24-hour period. Additional time should be allotted for other activities like meals, personal hygiene, PT, or contacting family.

If Soldiers have only 8 hours to do all those things, they will sacrifice sleep. Note that shift workers may require longer periods to obtain adequate sleep as their bodies adjust to new circadian rhythms.

When OPTEMPO does not permit 8 uninterrupted hours of sleep, short naps can compensate for some of the sleep deficit and increase performance. Caffeine can enhance alertness for short periods, but its effects are limited over time.

Of course, many Soldiers who do have the opportunity for sleep have trouble sleeping. Even when OPTEMPO is slow, the deployed environment is full of noise, schedule disruptions, and distracting



Photo by Seth Robson, Stars and Stripes

activities.

Establishing a routine, minimizing distracters such as TV, and avoiding vigorous exercise and caffeine before bedtime are some of the keys to maintaining good sleep hygiene. Meditation and relaxation techniques can provide further help. Sitting in a chair to read or listen to music can be a good way to relax if wakefulness is still a problem.

Occasionally, inability to sleep is the result of something other than poor sleep hygiene. Depression and anxiety can cause sleep problems.

In obstructive sleep apnea, a partially

blocked airway leads to night-time breathing problems that interfere with sleep, causing significant snoring and daytime drowsiness.

Rarely, problems with the brain's electrical activity lead to disordered sleep patterns. Anyone who has practiced good sleep hygiene techniques and still has trouble sleeping should see a healthcare provider for proper evaluation and treatment.

Take a moment to reflect how important sleep is to your health and that of your Soldiers.

You can even sleep on it.



**Redbud Watch: The Warriors Walk Redbuds near their annual show of color on the anniversary of the Marne Division's liberation of Baghdad. Blooming each March, the 436 Eastern Redbuds of Fort Stewart's Warriors Walk, commemorating 436 Marne Soldiers lost in the fight for freedom since 2003, are expected to reach their peak by 11 March.**



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# SECURING STABILITY



## Headquarters and Headquarters Battalion Security Platoon Makes The Rounds in Baghdad

**Story and Photos by  
Maj. Mark Citarella,  
29th MPAD, USD-C**

Iraqi leadership and their American counterparts have been meeting throughout Iraq on a regular basis. Many feel the partnership and combined efforts are vital to the future of Iraq. Those joint meetings and planning sessions would not be possible without the help of the security platoon from Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Infantry Division.

With missions ranging from escorting personnel to route reconnaissance, the security platoon also serves as the personal security detail for the division.

Each day platoon members prepare themselves for ground transportation missions to all parts of the greater Baghdad area and beyond to help bring together American leadership with their Iraqi brethren.

"We are like the spearhead for the division as far as doing missions with the Iraqis," said Sgt. 1st Class Jimmy Ha, a native of Pago Pago, American Samoa, platoon sergeant for the security platoon.

With the end of combat operations in Iraq, these Soldiers are one of the few units within HHBN, 25th Inf. Div. who get outside the wire on a daily basis. With that responsibility, the platoon conducts multiple missions daily. Those missions change frequently based on the personnel schedule demands and weather.

When helicopter flights are grounded because of wind or storms, the security platoon is there to pick up the slack. The ever-changing mission times can be grueling.

"It gives you some stress but the Soldiers go with it. They really handle it well," said 1st Lt. Jason Gremillion, platoon leader for the security platoon and a Mandeville, La. native.



*Sgt. John Clinard (left) a Greensboro, N.C. native, and Sgt. Robert Etheridge (right), a Tucson, Ariz., both with HSC, HHBN, 25th Infantry Division, USD-C, scan their sectors of fire while securing a landing zone in Baghdad, March 11.*



*(Above) Spc. Jonathan Stankus (left), a Tornado, W. Va. native, and Spc. Michael Hubbard (right), a Helena, Ala. native, gunners with HSC, HHBN, 25th Infantry Division, USD-C, go over pre-combat checks prior to a mission in Baghdad, March 11.*



*(Above) Staff Sgt. Devon Setzer (left) a Portland, Ore. native, and Sgt. William Thomas (right), a Paris, Texas native, both with HSC, HHBN, 25th Infantry Division, USD-C, secure a landing zone in Baghdad, March 11.*

But, the Soldiers still love the opportunity to do their jobs. "We love getting out," said Gremillion.

The long hours and the demands on their time make the coordination and planning of the security platoon missions a consistent challenge.

"The schedule changes every day, so we have to be on our toes," said Ha. "It's a lot of planning."

The platoon leadership does their own mission planning and analysis. Constant changes means

changes to the plan.

An additional challenge for the unit is that the Soldiers had little time together prior to deployment.

"We only had two months to put everyone together from different brigades and get them trained prior to deployment," Ha said.

While continuing to advance their mission-specific training, the platoon still has to make sure the Soldiers meet all other required training, including physical fitness and weapons qualification.

"This is the biggest challenge

I've ever had in the Army," Ha said. "Essentially you have to be a platoon sergeant, first sergeant and sometimes a platoon leader."

The platoon members have little downtime. The Soldiers are continually training and honing their skills.

"Our soldiers are ahead of their peers," said Gremillion.

"I have the confidence in all of my guys to take the patrol out. They are learning the next step higher," Ha said. "The guys are more confident to lead the platoon."



# Evidence of success!



'VANGUARD BRIGADE' SOLDIERS MENTOR IP WITH CRIME SCENE INVESTIGATION TECHNIQUES



(Above) Spc. Derek Jackson, Brigade Special Troops Battalion, 4/3 AAB, helps an Iraqi Police officer use proper photo-taking techniques during a crime scene investigation class held at the Ramadi Training Center, March 2. (Photo by Staff Sgt. Tanya Thomas, 4/3 AAB, United States Division-Center)

**Story by  
Staff Sgt. Tonya Thomas  
4th AAB, 3rd Inf. Div., USD-C**

Iraqi Police officers received a crash course on crime scene investigation as part of the 4th Advise and Assist Brigade, 3rd Infantry Division's ongoing mission to enable the Government of Iraq and provide the Iraqi citizens with a safer, more secure, and sovereign country.

Specialists Jonathan Lainez and Derek Jackson—both infantrymen and trained members of one of the Vanguard Brigade's special weapons exploitation teams—taught eight police officers evidence collection during a three-day class, beginning Feb. 28 at the Ramadi Training Center.

"For the last few days, we've been teaching them sensitive site exploitation; how to react on scene and how to gather evidence," said Lainez, a Garfield, N.J. native.

"The Iraqi Police learned how to take photographs from different perspectives; that way they are able to find different angles on how to photograph a scene. They're now able to sketch diagrams of a scene, and they're able to dust for fingerprints on any kind of surface."

The CSI Soldiers—most of them trained infantrymen—took a seven-week weapons intelligence course at Fort Huachuca, Ariz., prior to the deployment.

"It was a very in depth course," said Lainez, explain that the weapons intelligence course taught everything from lifting fingerprints to specialized equipment to use at a crime scene.

The 4/3 AAB SWET teams have taught more than 30 classes over the past eight months in an effort to help develop the ISF.

"We throw as much information as possible to them," Lainez said. "Even though, it might be overwhelming at first, they are able to overcome the challenge."



Iraqi police officers pull finger prints as part of a crime scene investigation training exercise at the Ramadi Training Center, Ramadi, Iraq, March 1. (U.S. Army photo by Spc. Gary Silverman, 982nd Combat Camera Co., 4th AAB, 3rd Inf. Div.)



(Above) Iraqi police officers practice taking finger prints during a sensitive site exploitation course, March 1. (U.S. Army photo by Spc. Gary Silverman, 982nd Combat Camera Co., 4th AAB, 3rd ID)

(Left) An Iraqi Police officer learns how to properly bag and mark evidence he's collected during a practical exercise on the final day of his sensitive site exploitation class at the at the Ramadi Training Center, March 2. (Photo by Staff Sgt. Tanya Thomas, 4/3 AAB, U.S. Division-Center)





Spec. Brandon White, with D Company, 3rd Battalion, 15th Infantry Regiment, 4th Advise and Assist Brigade, 3rd Infantry Division, and an Iraqi Police officer off-load boxes of school supplies onto the back of an IP vehicle at Camp Ali, March 5. The IP plan to distribute the school supplies to an elementary school as a way to help build relationships with the community and alleviate any fears in the wake of the killing of a 10-year-old in nearby Tameem, Iraq.

# Healing and Learning

## *Iraqi Police Distribute school supplies to Ramadi school*

**Story and Photos by  
Staff Sgt. Tanya Thomas,  
4th AAB, 3rd Inf. Div., USD-C**

In the wake of the murder of a 10-year-old boy Tameem, Iraq, Iraqi Police in the area have been taking steps to build greater ties to the community while ensuring the safety and security of local residents.

"The police wanted to do something for the families in order to help them go through the healing process of this great tragedy," said Capt. Steven Pierce, commander of Company D, 3rd Battalion, 15th Infantry Regiment, 4th Advise and Assist Brigade, 3rd Infantry Division, United States Division—Center, whose unit has been partnering with IPs assigned to District Headquarters II in nearby Ramadi.

Together, the two forces came up with a plan to donate school supplies and other items to the elementary school where the boy attended as a way to both highlight their presence in the area and alleviate any fears those at the school may have.

"The children in the community have been afraid to go to this school (since the murder incident)," said Pierce, "so this is a chance for the police to show their com-

munity that they really care."

The IP met up with Company D Soldiers at Camp Ali, an Iraqi Army installation, March 5 and loaded 300 bags of pencils, notebooks and other school necessities into their vehicles.

"We will take these (items) to the school and distribute them," an Iraqi Police officer assured Pierce after stowing the items onto the bed of his pick-up truck.

Pierce said that normally the American Soldiers and their Iraqi Security Forces counterparts jointly host combined community outreach events or distribute humanitarian assistance.

"But we wanted this in particular to be something that the community views as an IP effort," said Pierce, adding that the goal is to build a greater trust between the IP and the local community.

Pierce and his men watched as the IP drove off of the army camp with the boxes of donated school supplies.

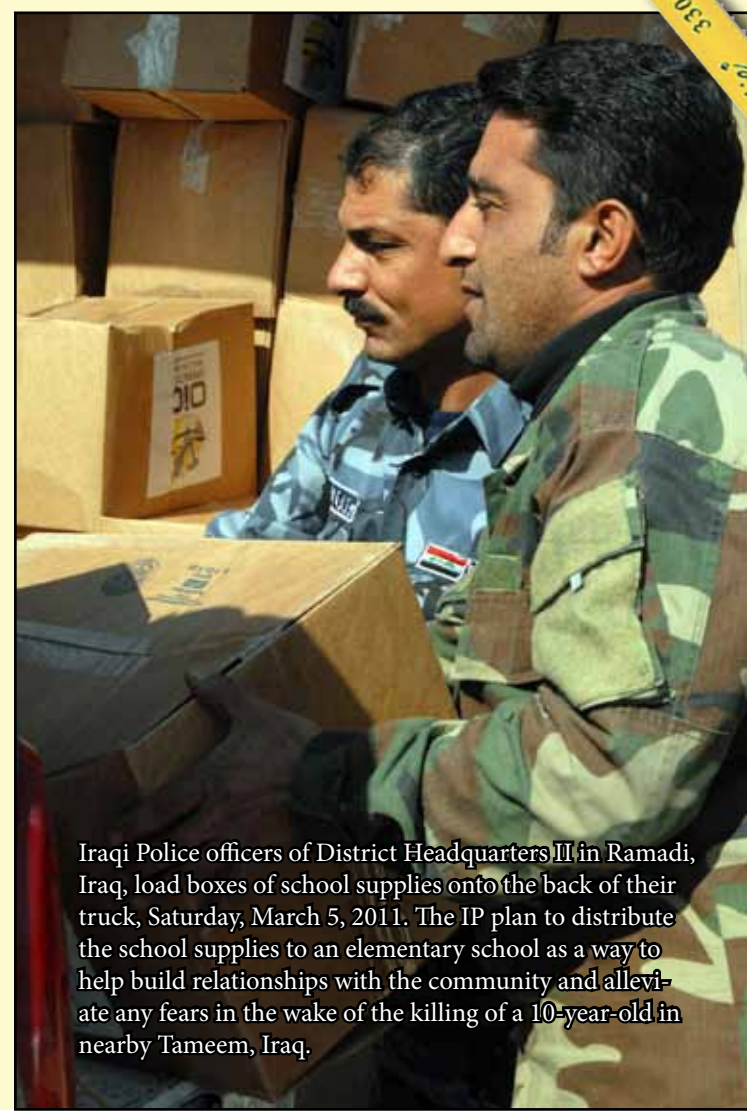
"I was here in (a few years ago)," said Pierce. "It was really just blazing your way through this country and you'd see that it was just completely destroyed. Being a part of this phase of the war—seeing that the Iraqi (security forces) are a professional organization and really taking ownership

of security, and that they really care about their country just like I care about my country—it's closure for me too."

Pierce said that after the IP distributes the items to the school, they will meet again to discuss the outcome of the event and other ways forward to work with the community.

"We'll provide an overall assessment for them," he said. "Ultimately, we're here to ensure they achieve complete success."

*(Left) Iraqi Police officers of District Headquarters II in Ramadi, Iraq, load boxes of school supplies onto the back of their truck, March 5. The IP plan to distribute the school supplies to an elementary school as a way to help build relationships with the community and alleviate any fears in the wake of the killing of a 10-year-old in nearby Tameem, Iraq.*



Iraqi Police officers of District Headquarters II in Ramadi, Iraq, load boxes of school supplies onto the back of their truck, Saturday, March 5, 2011. The IP plan to distribute the school supplies to an elementary school as a way to help build relationships with the community and alleviate any fears in the wake of the killing of a 10-year-old in nearby Tameem, Iraq.





# USD-C Takes

Oscar de la Hoya meets and  
during visit to



(Above) Former ten-time professional boxing world champion Oscar de la Hoya spars with “Golden Boy Boxing” team member Seth “Mayhem” Mitchell during a visit to Camp Liberty, Iraq, March 12. (U.S. Army photo by Sgt. Jesus J. Aranda, U.S. Division - Center Public Affairs Office)



(Above) Former ten-time professional boxing world champion Oscar de la Hoya greets, thanks and signs autographs for hundreds of Service members and military employees during a visit to Camp Liberty, Iraq, March 12. (U.S. Army photo by Sgt. Isolda McClelland, 29th MPAD, U.S. Division - Center)



(Above) Former ten-time professional boxing world champion Oscar de la Hoya spars with military contractor Luis Mateo, during a visit to Camp Liberty, Iraq, March 12. During the visit de la Hoya and his team took the time to greet, thank and sign autographs for hundreds of Service members and military employees. (U.S. Army photo by Sgt. Jesus J. Aranda, U.S. Division - Center Public Affairs Office)



(Above) Maj. Gen. Bernard S. Champoux, commanding general of the 29th MPAD, greets and interacts with heavyweight contender Daniel Jacobs, during an exhibition exercise on March 12. This USO-sponsored tour featured, Former ten-time professional boxing world champion Oscar de la Hoya. (U.S. Army photo by Sgt. Isolda McClelland, 29th MPAD, U.S. Division - Center)



# on the Champ

and spars with USD-C Soldiers  
o Camp Liberty



on Oscar de la Hoya spars with one of his many chal-  
ng the visit de la Hoya and his team took the time to  
mbers and military employees. (U.S. Army photo by Sgt.



(Above) Staff Sgt. Samiya Bush, Company B, 18th Airborne Corps, spars with Former ten-time professional box-  
ing world champion Oscar de la Hoya at Camp Liberty, Iraq, March 12. Bush impressed the crowd with her effort  
against the former champ. (U.S. Army photo by Sgt. Jesus J. Aranda, U.S. Division - Center Public Affairs Office)



eral, U.S. Division-Center, shakes the hand of middle-  
e at camp liberty Moral Welfare and Recreation center,  
me boxing world champion Oscar De La Hoyer. (U.S.  
ision - Center)



(Above) Olympic gold medalist and ten-time world champion boxer, Oscar De La Hoya, signs autographs and greets  
troops at Camp Liberty, Iraq, March 13. De La Hoya is currently on a United Service Organizations tour to the  
Middle East. (U.S. Army photo by Sgt. Jennifer Sardam, 29th MPAD, U.S. Division - Center)



# a Tribute to



Military service members serving on Camp Liberty, Iraq gathered the morning of March 4 to celebrate and honor the courage and exceptional bravery of one of their own. The Soldier honored was Staff Sgt. Cameron Grimone, the sergeant of the guard for USD-C headquarters, for his heroism in saving the life of the passenger of a burning vehicular wreck on Oahu, Hawaii's H-1 Freeway last year. For his heroism, Grimone was awarded the Soldier's Medal by USD-C commanding general Maj. Gen. Bernard S. Champoux.

This month we invite you to join USD-C and Lightning Strikes to pay tribute to the heroism of service members currently serving on our team.



Capt.  
Timothy R. Harris  
Co. C, 1/63, 2/1 AAB



Capt. Timothy R. Harris, commander of Company C, 1st Battalion, 63rd Armor Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, received the Purple Heart in January 2005 for wounds received as a result of an IED blast during a night combat patrol in southern Baghdad in September 2004.

At the time, Harris was a tank platoon leader with 1st Squad, 7th Cav. Regt., 5th Bde., 1st Cav. Div. He and his patrol were securing an IED blast site when a secondary IED detonated.

Harris and his tank loader, Staff Sgt. Doty Odom, both suffered from shrapnel wounds.

"I'm really thankful that we were both able to recover and am reminded of that every time I look in the mirror," said Harris.





# USD-C Heroes



Sgt. John Huggins  
HHC, BSTB, 4/3 AAB

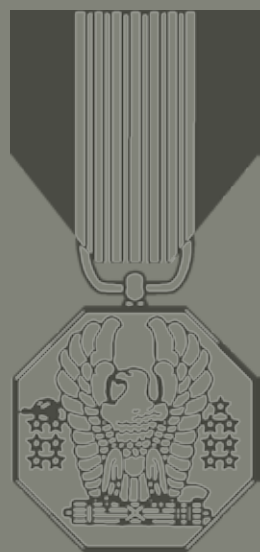


Sergeant John Huggins, a generator mechanic, was serving as charge of quarters on Fort Stewart, April 13, when he was informed that a Soldier had locked himself inside of his second floor barracks room and threatened to take his own life. Using a step ladder off of a contractor's truck, Huggins climbed through the Soldier's window and disarmed and restrained him until further help arrived.

"Instinct pretty much kicked in," said Huggins, a two-time combat veteran, who also credits Army suicide prevention training for his efforts that day. "I just wanted to make sure that the Soldier had another chance."

Huggins, though honored to have received the distinguished military decoration, said he was just doing his job as an NCO. He advises all Soldiers to be proactive in preventing Soldier suicides.

Huggins is still serving with the Vanguard Brigade, supporting the team's mission to advise and assist the Iraqi Security Forces in Al Anbar Province.



Master Sgt.  
Robert Broadwater  
HSC, HHBN, 25ID



While serving as a mortar platoon sergeant with 2-7 Infantry during the assault on Baghdad International Airport during April of 2003, then-Sgt. 1st Class Robert Broadwater was ordered to move across the airport to the main entrance to provide supporting fire for the Forward Aid Station (FAS) that had been established there. This location would be known as the "Four Corners."

Broadwater's platoon, accompanied by sister company Company A, 2-7 Inf. and the Scout Platoon, fought back against enemy fire and defended the Four Corners from an element of more than 200 Special Republican Guards. The enemy, using a combination of small arms fire and RPG attacks, were defeated following a lengthy, yet failed assault.

For his heroism, Broadwater and the other heroes of Four Corners were awarded with the Bronze Star for Valor and the Presidential Challenge Coin.





# WHAT MAKES

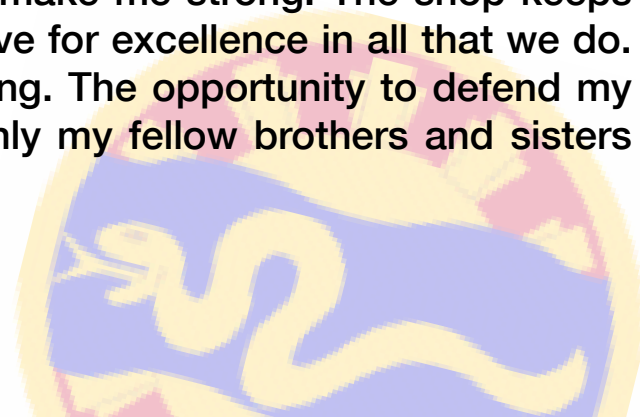


**SGT. MATTHEW PARKER**

116th Garrison Command

## myBELIEFS....

My beliefs make me strong. Knowing and believing that there is a reason in doing what I do. My Family makes me strong. Knowing that whatever I do, I am loved. My friends make me strong. Wondering what the hell I am doing, but always standing by me. My co-workers make me strong. The shop keeps me going, the desire to strive for excellence in all that we do. My country makes me strong. The opportunity to defend my country is an honor that only my fellow brothers and sisters can truly understand.



**1SG RYAN M. McCLANE**

2nd AAB, 1st Inf. Div.

## mySOLDIERS

Soldiers make me strong. Soldiers who are ready to make the ultimate sacrifice in defense of their beliefs and the Infantrymen on their left or right, make me stronger. Having the realization that regardless of the time of day, weather or tactical challenge my Brothers in Arms my face, they are strong and will be there for me. Remembering the sacrifices of the Soldiers who came before me and my Infantry heritage makes me strong. When things aren't going my way and I need something to make me feel strong, I sit back and remember that I have been charged with the care of 130 of the best Soldiers in the world. Duty first!





# ME STRONG

**CAPT. HANNAH PURKEY**

SJA (SISF LOE), 25TH INF. DIV.

**myHOPES....**

My hopes, my fears, my goals, my ambitions, my desires, my determination, my perseverance, my tenacity, my family, my friends and the love for my country makes me who I am.... They are what make me STRONG.



**PFC. DANIEL SPIELMAN**

4th AAB, 3rd Inf. Div.

**myFRIENDS & FAMILY**

The support, love and encouragement that I receive from my friends and family on a daily basis is my strength when I am away from home. I can always rely on them to keep me motivated, emotionally strong and physically able to take on any and every challenge that I encounter while deployed away from home.







# Sniffing Out Crime:

'Patriot' MP Company, Iraqi Police team with Military Working Dogs



An Iraqi police officer and his working dog prepare to go on a training exercise during a rehearsal for the working dog training course at Camp Liberty, Iraq, Feb. 12. IP officers have been working with Soldiers from the 94th Military Police Company to develop a working dog training course and program in order to aid with certain law enforcement duties.

Story and Photos by  
Sgt. Joseph Weichel,  
2nd AAB, 1st Inf. Div., USD-C

Soldiers with the 94th "Patriot" Military Police Company, attached to Special Troops Battalion, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center, have spent the last year helping to develop the Iraqi Police by implementing training programs designed to improve the tactics and procedures of Iraqi law enforcement.

One of the programs "Patriot" MPs and the Iraqi Police have worked on together is a working dog training course located at the Criminal Justice Center in Baghdad.

"The (working dog) course has brought Iraq another step closer to the goal of self-governance and security," said Capt. Benjamin Hall, commander of the 94th MP Company and a Norwell, Mass., native. "Having working dogs to do things that people simply cannot is an important part of policing."

Working dogs are typically used



An Iraqi police officer, left, and his working dog move through a training exercise that tests the dog's ability to detect illegal substances at Camp Liberty, Iraq, Saturday, Feb. 12, 2011. IP officers have been working with Soldiers from the 94th Military Police Company to develop a working dog training course and program in order to aid with certain law enforcement duties. (U.S. Army photo by Sgt. Joseph Weichel, 2nd AAB, 1st Inf. Div., USD-C)

in policing to help investigate crime scenes, guard sensitive areas, and track and possibly bring down suspected criminals. Their well-developed sense of smell can be a major factor in a successful investigation, Hall said.

Hall assisted the IP with the creation of a new canine course, which was primarily designed by Sgt. Michael Sebor, a military police officer with the 94th MP Company and a Manchester, N.H., native.

There have been several rehearsals and meetings scrubbing the curriculum the past two months in order to prepare the instructor and facility for the course, Sebor said.

Classes are scheduled to start in early March and each class will be capable of supporting more than 20 dogs and handlers at a time.

"Some of the subjects that will be taught at the (CJC) are the role of working dogs in law enforcement,

canine first aid, health care and grooming of canines and working dog standards of training," said Sgt. Shaun Bellao, a military police officer with the 94th MP Company and a Brockton, Mass., native.

Taking care of the well-being of working dogs will be a focus of the training.

"One of the goals of the course is to teach handlers the importance of veterinary care and how to promote the health of their canine," said Sebor.

In addition to the classroom curriculum, the CJC plans to offer the working dog handlers access to a new eight-event obstacle course.

The obstacle course is designed to test the dogs' agility, tracking skills, and the effectiveness of the training.

Incorporating working dog training allows IP officers to develop and train their dogs to ensure safety and efficiency on the streets, Sebor said.





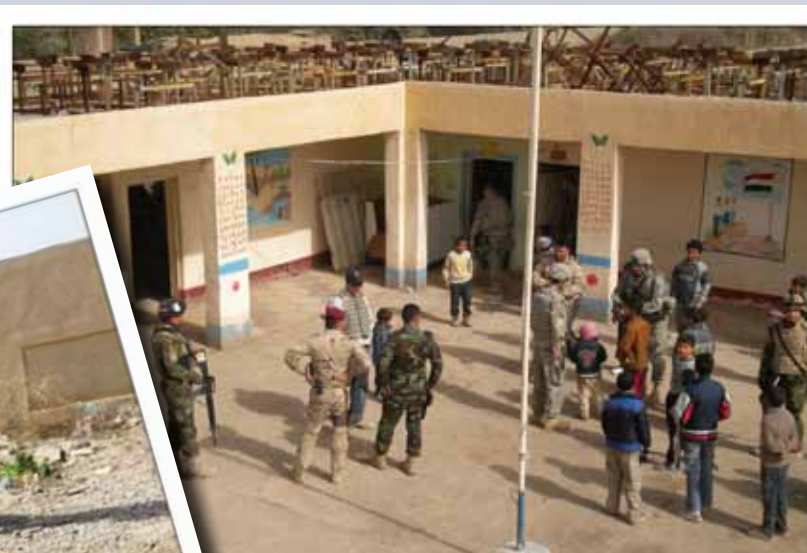
## Dagger Brigade delivers wheelchairs to disabled Iraqi children

(Left) Soldiers with 2nd "Dagger" Advise and Assist Brigade, 1st Infantry Division, United States Division-Center help assist a local girl with her new wheelchair, provided by the Provincial Reconstruction Team-Baghdad, Saturday, Feb. 19, 2011 at Joint Security Station Prosperity, Iraq. (U.S. Army photo by Sgt. Scott Peoples, 2nd AAB, 1st Inf. Div., USD -C)

(Below) Soldiers with 2nd "Dagger" Advise and Assist Brigade, 1st Infantry Division, United States Division - Center unload wheelchairs on a recent Provincial Reconstruction Team-Baghdad mission Saturday, Feb. 19, 2011 at Joint Security Station Prosperity, Iraq. The "Dagger" Brigade assembled and delivered hundreds of wheelchairs, provided by PRT-B. The wheelchairs went to local disabled children. (U.S. Army photo by Sgt. Scott Peoples, 2nd AAB, 1st Inf. Div., USD-C)



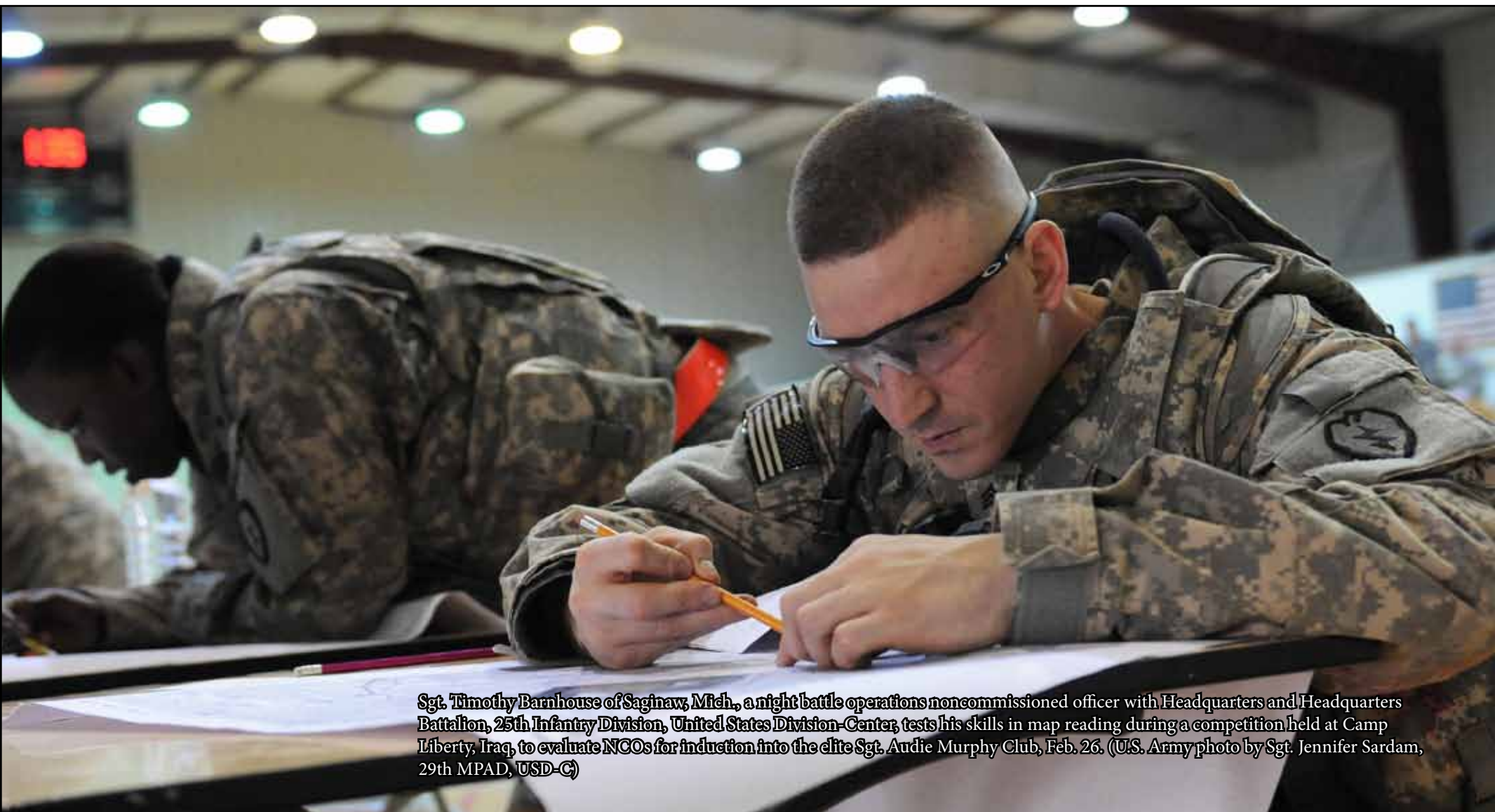
## Dagger Brigade Snapshot Corner



*Arab Jabour*







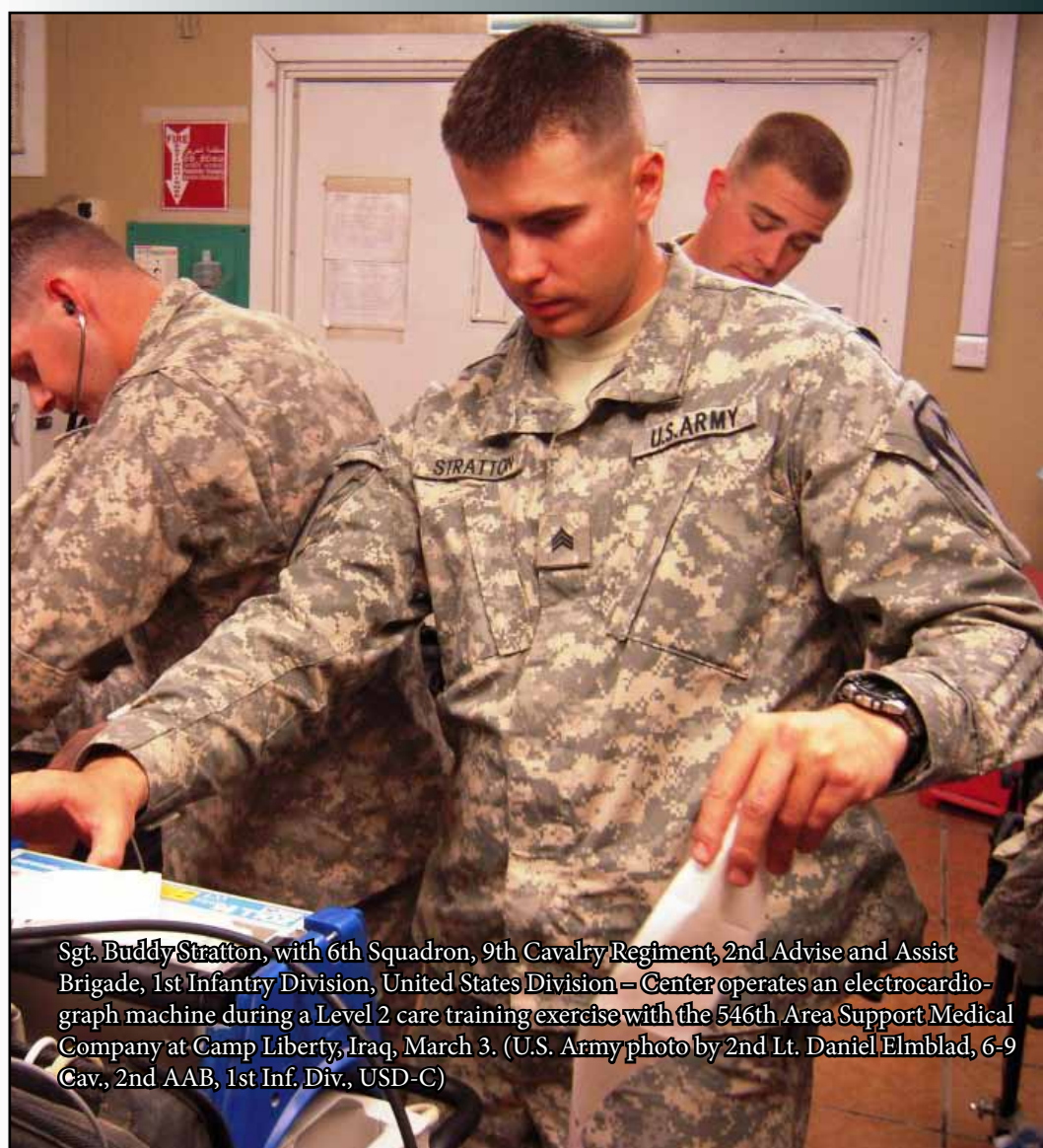
Sgt. Timothy Barnhouse of Saginaw, Mich., a night battle operations noncommissioned officer with Headquarters and Headquarters Battalion, 25th Infantry Division, United States Division-Center, tests his skills in map reading during a competition held at Camp Liberty, Iraq, to evaluate NCOs for induction into the elite Sgt. Audie Murphy Club, Feb. 26. (U.S. Army photo by Sgt. Jennifer Sardam, 29th MPAD, USD-C)



## USD-C at a glance



Chief Warrant Officer 3 Lisa M. Guynn, incoming commander of the 25th Infantry Division Band, accepts the band's guidon from Lt. Col. Paul Romagnoli, commander, Headquarters and Headquarters Battalion, 25th Inf. Div., United States Division-Center, symbolizing the transition of command of the unit to her, during a change of command ceremony, at Camp Liberty, Iraq, Feb. 23. (U.S. Army photo by Sgt. Jennifer Sardam, 29th MPAD, USD-C)



Sgt. Buddy Stratton, with 6th Squadron, 9th Cavalry Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division - Center operates an electrocardiograph machine during a Level 2 care training exercise with the 546th Area Support Medical Company at Camp Liberty, Iraq, March 3. (U.S. Army photo by 2nd Lt. Daniel Elmblad, 6-9 Cav., 2nd AAB, 1st Inf. Div., USD-C)





Maj. Gen. Bernard Champoux (left), commander of U.S. Division - Center, awards the Army Commendation Medal to Petty Officer 2nd Class Nicholas Taylor for his support of USD-C G8 section during his time at Camp Liberty, Iraq. (U.S. Army Photo by Sgt. Mahlet Tesfaye, U.S. Division - Center Public Affairs)



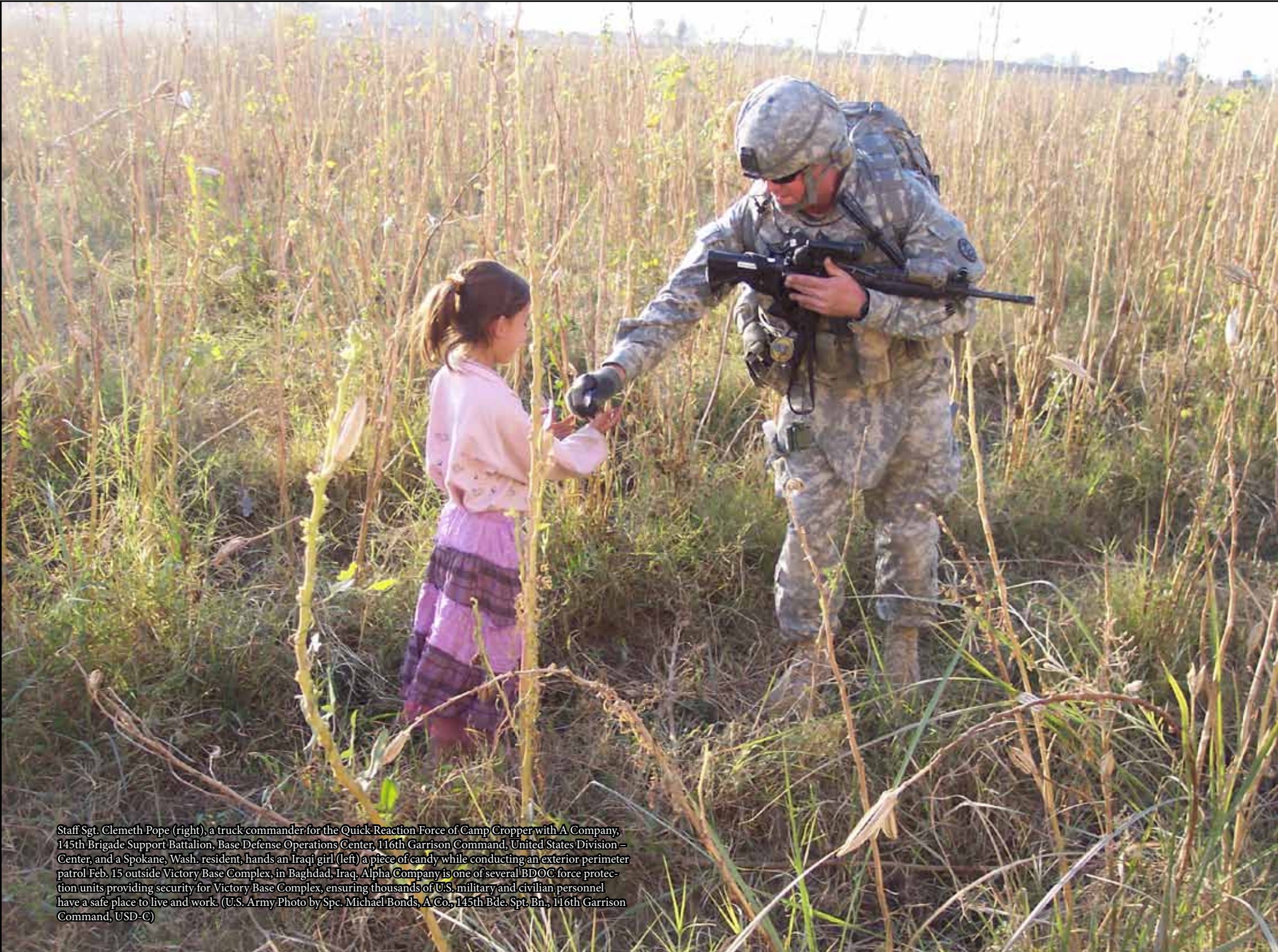
Maj. Gen. Bernard Champoux (left), commander of U.S. Division - Center, awards the Purple Heart to Staff Sgt. Eric Johnson, Company G, 1st Bn., 7th Field Artillery Regiment, 2nd AAB, 1st Infantry Division, for shrapnel injuries incurred during an indirect fire attack on Joint Security Station Loyalty, Iraq last month. (U.S. Army Photo by 1st Lt. Kai Gonçalves, 2nd AAB, 1st Inf. Div., USD-C)

# USD-C at a glance



Spec. Terrie Karg, a medic with Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Infantry Division and U.S. Division - Center, tests the blood pressure of a patient at the USD-C Battalion Aid Station on Camp Liberty, Iraq, March 6. (U.S. Army photo by Sgt. Mahlet Tesfaye, U.S. Division - Center Public Affairs Office)





Staff Sgt. Clemeth Pope (right), a truck commander for the Quick Reaction Force of Camp Cropper with A Company, 145th Brigade Support Battalion, Base Defense Operations Center, 116th Garrison Command, United States Division – Center, and a Spokane, Wash. resident, hands an Iraqi girl (left) a piece of candy while conducting an exterior perimeter patrol Feb. 15 outside Victory Base Complex, in Baghdad, Iraq. Alpha Company is one of several BDOC force protection units providing security for Victory Base Complex, ensuring thousands of U.S. military and civilian personnel have a safe place to live and work. (U.S. Army Photo by Spc. Michael Bonds, A Co., 145th Bde. Spt. Bn., 116th Garrison Command, USD-C)



# Out and About with the 116th



(Above) Spc. Alex May, of Emmett, Idaho, with A Troop, 2nd Squadron, 116th Cavalry Regiment, 116th Garrison Command, United States Division – Center, confirms a driver's identification before allowing them access to Victory Base Complex Feb. 20 at Camp Victory in Baghdad, Iraq. Alpha Troop is one of several force protection units providing security for the Base Defense Operations Center, ensuring thousands of U.S. military and civilian personnel have a safe place to live and work at Victory Base Complex. (U.S. Army Photo by Staff Sgt. Francis Boguslawski, A Troop, 2nd Sqdrn., 116th Cav. Regt., 116th Garrison Command, USD-C)



(Right) Sgt. Timothy Martinez, of Star, Idaho, with B Troop, 2nd Squadron, 116th Cavalry Regiment, 116th Garrison Command, United States Division – Center, greets two Iraqi children while conducting an exterior perimeter patrol Feb. 13 outside Victory Base Complex, in Baghdad, Iraq. Bravo Troop is one of several force protection units providing security for the Base Defense Operations Center, ensuring thousands of U.S. military and civilian personnel have a safe place to live and work at Victory Base Complex. (U.S. Army Photo by Staff Sgt. Trevor Fallows, B Troop, 2nd Sqdrn., 116th Cav. Regt., 116th Garrison Command, USD-C)



# LIGHTNINGSTRENGTH

## Weight a minute! Safely losing weight over time



*Capt. Cory Durbin*

Captain Cory Durbin has earned a Bachelor's Degree in Exercise Physiology from Bridgewater State University at Bridgewater, Massachusetts in 2003. He has worked as a Corporate Fitness trainer with Raytheon and has also worked

as an instructor for the Wellness Program with the Massachusetts National Guard. He is a graduate of the Master Fitness Training Course of 1999.

1)	Note actual size of the package— 1 cup serving size two servings in container—need to double all numbers per serving 280 calories and 120 from fat is 43% fat If consuming the container 560 calories and 240 from fat numbers usually rounded up to the nearest 10 this label is 20	<b>Nutrition Facts</b> Serving Size 1 cup (228g) Servings per Container 2	
		Amount Per Serving	Calories from Fat 120
		Calories 280	
4)	Total Fat is 117 Calories (13g x 9) — labeled 120 Saturated Fat is 45 Calories (5g x 9)..... Carbohydrates is 124 Calories (31g x 4) — labeled 140 Protein is 20 Calories (5g x 4) labeled 20 Total Calories for the serving — labeled 280 Actual Calories per serving is 261 Actual Calories for the container is 522	Total Fat 13g	% Daily Value* 20%
		Saturated Fat 5g	25%
		Trans Fat 2g	
		Cholesterol 2mg	10%
		Sodium 660mg	26%
		Total Carbohydrate 31g	10%
		Dietary Fiber 3g	0%
		Sugars 5g	
		Protein 5g	
2)	Number are based on a 2000 Calorie diet Use your calorie maintenance for a better guide	Vitamin A 4%	Vitamin C 2%
		Calcium 15%	Iron 4%
		Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
		Calories:	2,000 2,500
		Total Fat	Less than 65g 80g
		Sat. Fat	Less than 20g 25g
		Cholesterol	Less than 300mg 300mg
		Sodium	Less than 2,400mg 2,400mg
		Total Carbohydrate	300g 375g
		Fiber	25g 30g
		Calories per gram:	
		Fat 9	Carbohydrate 4 Protein 4
3)	Look at the bottom to note the grams to calorie ratio Fat = 9 , Carbs and Protein = 4 and Alcohol = 7 Total Fat is ~30%--585 Calories (65g x 9) Saturated Fat is ~9% of the ~30%--180 Calories (20g x 9) Carbohydrates is ~60%--1200 Calories (300g x 4) leaving Protein (not present) at ~10-15%--200-300 Calories		

Standard nutrition label: Best read in the order displayed above.

### BMR and Supplements –

Did you know your Basal Metabolic Rate (BMR) is responsible for about two-thirds of the calories your body burns? BMR is a meter of how much energy your body uses to perform normal body systems like cardiovascular (blood), respiratory (breathing), and endocrine (food break down). BMR is important because these are the systems most workout and diet supplements target. Typically increasing the heart rate through stimulants, some of these supplements will alter the BMR from two-thirds to closer to three-fourths of total calorie burning. It's not really beating the system—more like beating down the system. It would be like leaving a car idle when you're not using it. Sure it burns gas, but it also wears on the system.

### It's a Business –

FDA.gov states, “Under the Dietary Supplement Health and Education Act of 1994 (DSHEA), the dietary supplement manufacturer is responsible for ensuring that a dietary supplement is safe before it is marketed. FDA is responsible for taking action against any unsafe dietary supplement product **after** it reaches the market.” Supplement businesses are out to make money and not always with your best interest. My recommendation is to try a balanced diet and supplement with a multi-vitamin, but if you insist on whatever supplements you are currently taking, proceed with caution.

### The Skinny on FAT –

If you were trying to lose a pound of fat, 3500 calories, in a week you would need to reduce your calorie maintenance by 500 calories a day through diet and/or exercise. Calorie Maintenance is the amount of calories a person needs to consume in order to maintain their current body weight. This number differs for everyone. If your current weight isn't changing, you can do a dietary recall (recording everything you consume) to find your calorie maintenance. Dietary recalls and calorie counters are all over the internet.

### Balanced Diet—

I know protein is all the rage, but it should only account for about 10-20% of your diet. Carbohydrates 40-60% and Fats 20-30% continually get a bad name, but the truth is they are both very essential to a balanced diet. The real problem is overeating. The body only handles about 400-600 Calories per meal—the rest will probably get stored right where you want it least. So here are a couple suggestions for losing weight to keep in mind.

### KEEP IN MIND

- Drink water instead of soda. If you're drinking a soda at each meal, cutting them out can reduce your caloric intake by 450-650 calories depending on the brand you like.
- Eat less more often. Eating smaller meals and snacking between meals not only helps control your appetite and keep the Z-monster away after meals, but it allows your body to maintain a steady burn of calories. Diet shakes have manipulated this principle for years.
- Don't skip meals. I know it sounds contraindicated if you're trying to lose weight, but skipping meals can actually reset your metabolism to a slower pace resulting in increased weight gain for less food.
- Exercise. I like to eat and I'm not about to give up desserts, and if you feel the same way 20-30 minutes of cardio 3-5 times a week will aid in your ability to dive into desserts.
- Do the Math on Nutrition Labels. Some labels are clearly meant for one sitting, but are labeled as two or more servings to deceive the untrained label reader. See the picture for a better explanation.

### UPCOMING CHALLENGES & NOTES

#### 15-30 March

**Pound for pound** - The strongest male and female will be determined by the highest percentage of 1Rep Max. divided by current body weight. (Ex. 150lb. person benches 250lbs., equaling 167% of their total body weight would beat a 225lb. person benching 400lbs., equaling 165% of their total body weight.)

#### Ongoing

**1,000 Pounds Club** - To enter you must perform a 1RM bench, squat, and dead lift that must total or exceed 1,000lbs. in any combination. (Ex. 300 bench, 350 squat, and 350 dead lift would equal 1,000lbs.) Achieving members will be posted in the 25th ID Liberty Gym.

I understand there is some difficulty getting the interactive personal trainer from the last issue at the Division Fitness Forum. While this issue is being addressed, please feel free to send me an e-mail at cory.durbin@us.army.mil and I will be happy to send it to you directly.



# SEE YOU LATER ...



Sgt. William Thomas, a Paris, Texas native, with Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Infantry Division, United States Division – Center, shields the sun while looking on his sector of fire securing a landing zone in Baghdad, on March 11, 2011. (U.S. Army Photo by Maj. Mark Citarella, 29th MPAD, USD-C)

